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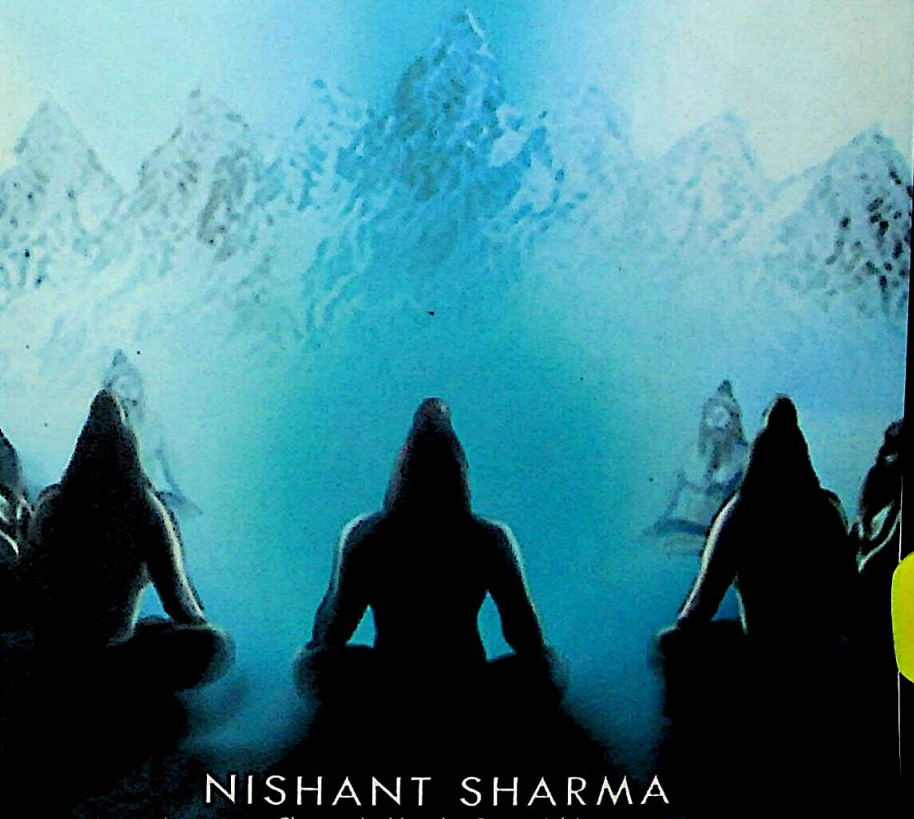
Rising of the LIGHT

Volume I

Shambhalla Sojourn



NISHANT SHARMA
Channeled by the Saptarishis

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S.S

RISING OF THE LIGHT

Volume I
Shamballa Sojourn

Nishant Sharma

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Shambhalla LIGHT Invocation

LIGHT, LIGHT in me

LIGHT, LIGHT around me

LIGHT, LIGHT that is a part of me

LIGHT, LIGHT of which I am a part of

LIGHT - LIGHT - LIGHT

Guide me, Oh LIGHT

Fill me, Oh LIGHT

Heal me, Oh LIGHT

I surrender to you, Oh LIGHT

I Am LIGHT

I Am LIGHT

I Am LIGHT

SO BE IT

OM NAMO NARAYANA
(I BOW TO THE LORD IN EVERY BEING)

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All my spiritual teachers (physical and non-physical) and my dearest grandma who is not here with us in the physical plane but I am sure she is somewhere near me watching and guiding me.

Pepsi and Rocky- my dear angels who came in the form of my pets to help me understand the power of unconditional love and enjoying the present moment.

I really want to thank my teachers Ms. Shradha and Ms. Rosy for playing a major role in my life. If today I am writing this book, it is because of a life changing event that my teachers were unknowingly planning for me. I owe it to the combined effort of my teachers and family.

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The Tejpals for creating a world-class resort at an amazing location in Gethia - for this is the place where all the communication with the Maharishis began.

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in me and standing by my side in times of confusion and doubt.

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Leann, Bhaskar and Arushee for helping me turn my vision into reality with the help of their fantastic artistic skills.

Bindu Maira, for supporting me in my spiritual work and following up with me in channeling the book.

Sandeep Goswamy, for stepping in at just the right moment to help us in bringing out the book.

And everyone else involved directly and indirectly in the creation of this very first seed of LIGHT. It is due to our combined effort that today the teachings of LIGHT are spreading like huge waves of Enlightenment.

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Foreword

We were on a three day spiritual retreat in the mountains in March 2012, a motley mix of 16 of us and my opening lines to the group were:

"The next three days will be about opening the windows of our minds, hearts and soul selves, because that is what will lead us into the doorways of light and help us step into it" and then I went on to explain my understanding of what LIGHT is, "God projection, a manifestation of all that is Perfect, Whole, Beautiful, Complete, Abundant in every aspect"

Being enlightened literally means having an awareness of and living in the light, knowing how to live in the light is a science, a spiritual science.

I said these words little realizing that virtual floodgates to this light were about to open up through Nishant, my co-facilitator on the retreat, who is an intuitive channel and an aura reader.

While in a state of deep meditation he involuntarily and to his surprise connected with Maharishi Bhrigu who is a being of light and one of the seven saptarishis guiding the universe. He began with him a communication which was to be but the beginning in a long series that happened through channeling when Nishant was in a deep meditative trance and this book is the result. It is the first of seven books; six more books are to come this year.

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The words come straight from the realms we aspire to on our soul journeys they come from Maharishi Bhrigu himself. He speaks through Nishant his channel.

- He speaks of who we are and where we come from
- He speaks of our source....our soul selves
- He speaks of why we are here on mother Earth
- He speaks of our true purpose here in life and in the midst of the pain and the chaos of the times we live in
- He shows us the way to reconnect with our spiritual source to reconnect with our essence and our soul selves
- Light is our home, it is who we are, it is our essence and what guides us
- He shows us how to be in the light
- How to be of the light
- How to be the light

In this amazingly simple but clear book on Shambhalla Light, he shows us the way home.

Bindu Maira
Healer, Tarot Card Reader and Life Coach

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Preface

I have been a spiritualist all my life and have had various experiences in the field of energy and psychic phenomenon. One quality that I particularly enjoy relating to is channeling -the art of intuitive communication and clairvoyance- the gift of seeing the so called invisible energies. It is due to this ability that I could connect to the spiritual gurus who have been guiding me and have channeled their teachings of LIGHT in the form of this book.

Unknowingly, right from my childhood I could talk to non-physical spiritual entities like Maha Kali and other spiritual gurus. I thought I had some special gifts which I am unfolding as I grew up but it was only a few years back that I realized that almost every person in my maternal and paternal family lineage had some kind of spiritual connection giving them the unusual gifts like amazingly accurate intuition, Clairvoyance (ability to see non physical things), Clair empathy (ability to sense emotions), Channeling knowledge beyond physical sources of information etc.

That's how I came to know about this peculiar ability to channel information via non physical communication. I now completely believe this has been given to me as a gift, which I have to polish and refine in order to utilize it fully for the benefit of all. Usually my channeling sessions would be short and quick, in which I used to frame a question and the answers would come in a vivid vision or a simple thought form, it was more like taking a snapshot of the solution and

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then using my mind to make sense of it. I never thought that someday I will be channeling information which is beyond my logical comprehension and something which I have never even heard about.

Sometimes it feels absolutely strange that after so many years of spending your life as a normal person, enjoying and crying about petty issues in life, suddenly one day you are contacted by some great spiritual sages, who live in a distant galaxy, in a different dimension altogether. They choose you not because you are a normal human being they choose you because you are **"The Chosen One"**.

They say that you are a PURE SOUL, to which my mind replies "Well, every soul is pure". But then the sages say, "No, it's different. We agree that souls are special, but some souls who have been living in LIGHT already and have mastered the teaching of LIGHT, they are special and that is **YOU**".

To my egoistic mind it would suffice to say that, "Hey look, I am the Chosen One, Pure and Special, but then you have to see that while in a state of trance, I do tend to say things that my egoistic mind will surely not **"like"**. I mean who will call himself lazy and a person who procrastinates every now and then, in front of other peaople (there were about 15 people when this happened for the first time).

I was asked to quit things which I loved, but then if my egoistic mind is creating imaginary stories, why would I ask myself to **QUIT** something that I like so much.

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So may be it is not my mind that is cooking up a story. It is way beyond it- It is something truly that my limited mind cannot comprehend. Whenever the Rishis have to communicate, my phone's display light starts blinking with my guruji's face and it won't stop till the time I take a pen and sit down to write. It's like the Rishis had developed a new way of communication by making my phone blink continuously to indicate the time when they wanted me to channel their information.

The Rishis said it clearly that they want me to communicate their message to the world. But I was being lazy and procrastinating but today I have finally taken the pen and have sat down to write what the Rishis have to channel.

In September 2011, while on a karmic retreat with a dear friend, Bindu Maira, I had this strange experience during a healing session. I was sitting on the big couch, had adjusted myself well so that I don't fall asleep and start snoring (a personal trait that has attracted much attention earlier). I didn't know that the session that happened at Gethia that day will change the course of my life forever.

I saw that there is a distant place with seven mountain peaks and a lake which is in the centre of them. On top of each peak, I saw a Rishi meditating. Suddenly, they all came together and greeted me and said:

"Welcome Purnatma, to your home the Eternal land of Bliss – Shambhalla. You are selected because of your purity & your soul's purpose in life. You are good, a pure channel and we have chosen you to download the teachings of the LIGHT

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to spread it on this Earthly dimension. Time is short, we will contact you soon".

Then it faded, I did not know anything about Shambhalla. And frankly, to this day I have no clue of what they were talking about. I am writing all this because they asked me to be open and willing to write. The information will just flow they said. So here I am, trying to quit certain habits just to write something of which I have absolutely no information.

Then soon after this nothing much happened and I carried on with my life again with the same routine until December 2011, when I got typhoid. I had to be admitted to the hospital. It was a bad phase but now I know that the Rishis were detoxifying my body for the time to come. Again the next retreat happened in March and this time I got exact information and details of how to take this work forward. The Rishis have asked me to channelize seven different volumes of a book on Shambhalla. Each volume will be channeled by one of the Rishis, one at a time.

They also said each of the seven books written will be compiled in a single book later this year. They will channel information on inter-dimensional work, Laws of LIGHT, Teaching of the LIGHT, Phases of the activation vortex and some meditations to make our bodies lighter to activate the LIGHT within.

In this book I have channeled Maharishi Bhrigu, the one who wrote the Bhrigu Samhita, which is the base of Astrology. Rishis say, ***"Time is short and we need to buckle up our***

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spiritual seat- belts and prepare our bodies and mind to receive the energies of higher consciousness which are being beamed by the great Avatars and the Masters in other dimensions".

This book is written in a daily journal format describing the messages and knowledge that I received from the Rishis.

Nishant Sharma
Author

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Note: Nishant would communicate with Maharishi Bhrigu whenever he got an intuitive sense of sitting for the channeling session. He received the messages in a conversational tone. The sequence and the language have been reproduced exactly as they were received.

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Introduction

"There's a place in your own self from where if you learn how to operate, you can become LIGHT and Experience Enlightenment"

Shambhalla is ideally known to have its roots in the Tibetan Buddhist culture which depicts it as a land of pure bliss and bodhisattvas. It is a land of purity and absolute freedom from all negative emotions that surface in a human mind due to fear, attachments, desires, emotional burdens etc. To some mystics, Shambhalla is actually not an ideal physical place of bliss but a concept of identifying a place within your own heart and mind. It is a state of your mind in your soul's evolutionary cycle where you are totally AWARE, yet you are anchored in a state of absolute bliss and freedom.

"A man creates his own universe by the choices he makes"

By just shifting your awareness from the outside to the inside, you can create a different universe altogether. The circumstances may or may not change but you can certainly see and feel the difference in the way you react to situations. The same problems now seem to become smaller and sometimes you have an inspirational (divine) solution which did not seem to exist before. It is as if someone has shown you the LIGHT whilst you were searching for something in a dark room.

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This is the power of awareness and how it can create changes in your life at large. Prince Siddhartha attained enlightenment by meditating and becoming aware of his true nature, thus becoming Lord Gautam Buddha. This is the same place of awareness in your mind which the mystics call Shambhalla or the City of LIGHTS.

By tuning into our higher selves (spiritual mind) we can experience the state of oneness that almost every guru or mystic in every religion speaks about. It is a state wherein you are connected to the infinite intelligence of the universe- you can connect to any source within it and download the knowledge from this creative universe.

Everything in the universe has a soul and if you know how to connect with your own soul, you can connect to the soul of this universe too which takes different forms like spiritual sages, gurus, mystics, humans, masters etc.

"Everything is communicating to you, you just need to tune in and listen. There are no ordinary moments, ever"

This knowledge of getting to know and understanding LIGHT has been channeled through the universal masters also known as the Saptarishis or the seven sages responsible for the different aspects in this creation, as mentioned in the old Sanskrit texts of Hinduism. Each sage would be channeling the information and knowledge of the LIGHT in some form or the other.

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The soul never dies- it just takes on a different costume to learn and evolve. You can communicate with each other at a telepathic level which is now proved in science by researching on the theory of entanglement and the intricate interconnectedness of the universe.

The knowledge in this book has been channeled from higher dimensional beings called the Maharishis who exist in the universe but on a higher vibrational plane than ours via a process called auto-writing which is similar to Deep Meditation, in which a person receives knowledge through his intuitive senses (visions, thought forms, gut feelings, experiences) and writes about his experiences in a state of trance.

This book is called the **"Rising of the LIGHT"**, which serves as a foundation tool to understand the teachings of the LIGHT and the knowledge that will be channeled by the Maharishis in the times to come in form of different spiritual books and meditations.

Here, Rising of the LIGHT means raising our awareness from the mundane living to higher living. To make it easier to understand here, the word Rishis means the Saptarishis or the Maharishis.

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March 10, 2012 **2230 Hours**

Birth of our Mother Earth (Gaia)

Every thought has an action associated with it, hence a result appears. So the avatars and masters are sending beams of Light- energy with a higher consciousness, which are seamlessly thought provoking. Nowadays, people find themselves confused about their spiritual growth and their soul purpose. And these energies help people understand and feel that there is some higher purpose in life rather than routine existence.

Only after people begin inner questioning, they go deep inside which results in the emergence of pure wisdom from within, wisdom which is compassionate and for the highest good of all concerned.

The higher energies that the Rishis talk about right now are the energies of the photon belt; these are the blue colored highly energetic particles, with God's supreme consciousness. When the rays of these blue colored particles fall on the human energy field, and the field of Earth, everyone experiences a deep yearning for their own spiritual existence. The how and why starts coming up-It is because of these rays that humans have suddenly started showing signs of spiritual development. Most of you might feel that spirituality is in vogue, but it is only the effect of the Blue Ray.

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Earth as We (Here we, stands for the Maharishis) know it is a very gentle soul who has mastered the teaching of the Light and could have merged with God Almighty. But when she saw that a number of souls are waiting to be incarnated on different planes of existence, where the frequencies are pure and their spiritual upliftment or ascension is slow, she took a decision with the guidance of the Master of the LIGHT. She requested the Almighty to make her into another planet altogether, where the frequencies are quite dense compared to other Earths in other dimensions.

To this the Almighty gave his consent but said, "Since you have given up your chance of merging with the Divine for the sake of these souls, who are waiting for ascension, we will not let you suffer alone. You will surely be a planet with denser vibrations, but that would be momentarily, in phases. You will have your own time, like different seasons and go through different frequencies in phases and cycles. But you have to promise one thing dear, that you will listen to us, when we ask you to come back into the higher dimension". Thus the Planet Earth (Gaia) as we know her was born.

She has gone through her own ups and downs - accepting the gratitude offered by early humans to the atrocities meted out to her by humans of today. You all have pierced her heart as she bleeds and cries for help. It's our responsibility to help our dear sister. We are showering Blue Rays to comfort her and soothe her soul. With a decision taken by collective

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consciousness and under the guidance of God Almighty, we have asked Earth to start moving up, in higher dimensions. There is a dimension in the universe which is pure and has no negative emotion to offer.

Just like a step is needed for a person to climb from one floor to another, we have given commands to the photon belt to align itself with Earth in such a way that its Blue Ray particles start influencing the vibrational field of Earth in a much refined way. The effect is that more and more people on Earth start realizing their spiritual self and meditate to go deeper within. The more the attraction between the Blue Ray energy and the minds of people, the better Earth would feel. So in a way the more you meditate the more you benefit yourself and your mother (Earth).

The Earth's alignment is being gradually tilted and is moving up. The Earth was earlier in 3rd dimension prior to 1987, but since the time it came in contact with the photon belt energies, it has started rising up towards the 5th dimension. It has almost crossed the 4th dimension and on 21st of December 2012, it will shift its frequencies in the 5th dimension.

It would take about 6 years up to 2018 for the Earth to anchor the energies of the 5th dimension. That phase is called the Golden era or the Golden age.

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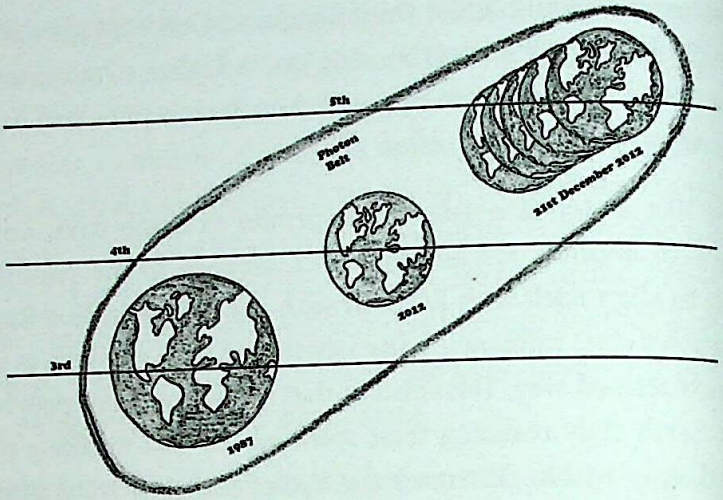

The heart-beat of Gaia was earlier 7.48 Hz which had been stable for about 200 years, but after the activation of the light vortex that happened on 11-11-11, the frequency of Gaia (the heart-beat of Gaia) has risen to 11.11 Hz and is still rising.

All souls on this frequency or higher will go with Earth into the 5th dimension. Others will be shifted to the lower dimensions of other Earths which will be in resonance with their structure of vibration and fields of consciousness.

Death, as you say, will happen. But trust us dear one, Death is just the destruction of one body and formation of the other.

As the frequency of Earth rises you see mass destruction happening all around you. But those of you who are trying to keep pace with the upliftment of Gaia don't have to worry as the new energies which are coming into the cosmic zone

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that surrounds her are going to be supportive to you as well as her.

The massive shift will occur around 19th September 2012, when the tectonic plates will shift and mass destruction might be caused in major parts of the world. You all need to be sure that you anchor sufficient Light in the aura of these places so that they are prepared for the shift and are able to withstand the pressures of these high energies. If sufficient Light is anchored on Earth till that time, the effect of the event can be reduced or even avoided but it happens only in rare cases.

"Listen to us dear ones, you need to become aware NOW about your purpose on Earth and the amazing power of your soul"

Your soul is your direct link to the Almighty, when you realize the power of this single line you will know what a great being has created a powerful being like you. The one who resides in you has created you and has given you amazing powers to conquer your heart and mind. Once this is done you will slowly begin to realize your gifts and what a gift your life truly is!

We will soon channel some key points which are needed for the welfare of mankind and download the seeds of knowledge.

OM NAMO NARAYANA
(I BOW TO THE LORD IN EVERY BEING)

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March 15, 2012 1400 Hours

True meaning of LIGHT

Dear One,

We have been trying to communicate with you for the past so many days but you are not paying attention to us. We even tried signaling to you with other electronic messages but it seems you are consciously ignoring us. Why this mental lethargy my son? You should feel extremely blessed. The divine has chosen you for a purpose which only a lucky soul gets a chance to do.

Now, to get over your mental lethargic pattern we insist you fast once in a week and eat only fruits and vegetables to boost the flow of fresh prana into your nadis.

The world is shinning and going into darkness at the same time. It is our duty to call other Light workers at this hour to gather and merge our consciousness/energy. We need 1,44,000 light bodies to activate the ascension of the planet. The message you all receive is not by chance, like everything else in life, this also has a purpose. We told you that we will discuss about the essence of Upanishads, Vedas and what living in the LIGHT or the rising of the LIGHT is all about.

L.I.G.H.T – Living in God's Heart at All Times.

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When your heart and mind are focused on awakening your inner light and you have this urge to know your true divine self- that's when the energies from the lower ego self or the lower chakras start rising above and towards the higher chakras. Once the awareness or consciousness moves higher and stays centered in the heart, you begin feeling and realizing the spiritual truth that almost all traditions have spoken about –**WE ALL ARE ONE.**

You begin experiencing that feeling of **ONENESS**, of being universally connected to each and every atom of your own body / mind / soul, and to the finest grain of sand and to the highest galaxy in the vast spaces of this universe. We are here not to pamper you or to make you egoistic and lethargic. We believe that mental lethargy is most dangerous, because as long as there is physical lethargy but mentally you are sound, you will still make an effort to move on and become centered in your awareness. But mental lethargy destroys your nervous system and the nadis (spiritual energy meridian system) in the major Ida / Pingala nadi, and blocks the awareness from rising up from the lower levels of consciousness because you are too lethargic to make an effort.

Many people might think at this moment that yes we understand this Rishiji, but what next?

How do we get over it?

To which we just want to say that we know who you are and what your level of awareness is. So, that is why we will be channeling the different yogic / kriya / mantras and LIGHT

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meditations to help you purify your mind and body. When you will practice them, these injured patterns of mental lethargy are released but you will have to be consistent in your efforts. You cannot expect the mantra or kriya to work wonders for you over night. Although we assure you that when the time is right and you need a miracle, we will surely give you your share of the miracle, Soorya Saugandh (taking a vow in Sun lord's name).

OM NAMO NARAYANA
(I BOW TO THE LORD IN EVERY BEING)

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March 17, 2012 **0100 Hours**

The meaning of a Guru and the Power of Grace

Every soul / person has to go through his / her share of ups and downs, but because of the past positive karmas the miracle energies are transferred to the auric body which during times of need can be accessed and made use of only with the grace of Rishis/Gurus. This is only possible with divine grace that is why the importance of a guru is held so high in various spiritual traditions.

The guru's energies are equivalent to the Divine/ God Almighty. The Guru is a beacon to conserve and reserve that divine light of God, which can dissolve your past karmas and also trigger pleasant experiences from the karmic linkages in order to enhance your life.

Guru is just a trigger that the Divine uses to give you your share of rewards and at times also your share of punishments. But the heart of the guru is pure, so whenever you are under the grace of a guru you are protected. Even God Almighty cannot refuse a guru who pleases him a lot. He is the closest link or shall we say your own 24x7 hotline to access divine knowledge and resources. The guru is a tatva and is not dependant on any shape and size. A guru can teach lessons

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even though he may be residing in the body of a 9-year-old or a 24-year-old or could be an 81-year-old. It does not matter.

But your ego mind thinks that the higher of age the guru, more is the experience he has. But it's not true. It is the experience of the soul that matters and not the experience of the body.

Sometimes you might observe people behaving in a certain manner, to prove themselves to others and make them believe that they are the awakened ones or enlightened ones. But they are mere a group of souls who have taken a detour from their spiritual path and want the acceptance of others to help them feel good. Then, in a few years time when they realize that the acceptance of others is not what they always wanted, they leave everything and start their spiritual journey again.

But you need to understand that they have lost a lot of time in trying to please others and in seeking their approval. They could have invested in themselves, in meditating and knowing their spiritual self. The quantum leap in their journey could have been so immense but they have lost that opportunity.

On the other hand, some souls choose to run away from the guru tatva which is already awakened in them. They doubt themselves so much that the energy and consciousness is not able to shine in their hearts and mind to become illuminated to disperse the clouds of the illusion of being separate from the Divine God Almighty. One such case is that of the person through whom we are communicating. These souls were selected by God Almighty at a time before their reincarnation

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to help anchor the new energy on to the Earth in the time of need.

Doubts arise in their hearts and mind as to what others would think of them. Will they ridicule them for being different? As they are doing something that others cannot even imagine.

For instance, communicating not just across distance but inter-dimensionally across galaxies and vast spaces of the universe, by-passing the laws and principles of Time and Space. They consistently think that: What would others think of me? How will others who do not understand all these experiences, behave with me? Will my family support me? Will my friends be there for me? Will they accept me?

Dear one, we just have one answer from our side which God Almighty wants us to convey to you...

YES YOU ARE SPECIAL

You have been Chosen, only you have been given the privilege to talk to higher beings. Being in the physical plane also does not matter; as you are pure, though you might find your heart and mind temporarily clouded with doubts and thoughts of fear, jealousy, hatred or anger. It's okay.

Being in the human body you are expected to experience these emotions, it's human after all to experience them but all this is temporary. The awareness that you have is very high in energy and all these negative thoughts are like clouds of hot steam which will fade away soon. Do not worry, hang on to us. We believe in you and have put our hearts and soul into

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you. We trust you because you are pure soul. That's why we are channeling this information to you.

The people who ridicule you are the souls who have chosen to ridicule you at the soul level. The decision was taken before you came to this planet and you also made a promise to accept them and forgive them. Just remember that when they are sticking to their promise, please adhere to your term as well. All this is done to re-establish the faith in what you feel is right and the talents you have. Everyone's perfect in our eyes. Though there are ups and downs in life but its okay. you are expected to make mistakes and learn from them.

Stick to your contract and ascend higher.

OM NAMO NARAYANA
(I BOW TO THE LORD IN EVERY BEING)

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March 17, 2012 **0040 Hours**

Explanation of TIME (Mahakala)

So now we have explained to you what living in the LIGHT is all about. Today we are here to explain how to actively use the knowledge and apply it to your practical life for a higher purpose.

"Time is simultaneous; it's like an ever continuous flow of energy. No Past. No Future. Only Present"

Imagine that you are sitting on top of a cliff and can see the whole valley and the forest along with the people walking on a lower altitude than yours, coming towards the top of the cliff, with total clarity. But the person walking on the path at a much lower altitude than yours, cannot see what you can see. A stone is rolling down towards that person, since you are seeing the scene from the top of the cliff, this event is happening in the present moment for you.

But the same reality for that person on the lower level of the forest is future. See for yourself how our perception shapes our reality. The same event appears different to different individuals based on the reality which they are sitting at.

If you are at a higher plane of consciousness, in this case you can foresee events turning into reality from the height of the

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cliff. Everything is happening together in an ever continuous flow.

The lord of time- Mahakala is an eternal flow which you humans have broken into concepts of past, present and future just to measure your progress. The truth is simple- there's only one time and that is this moment, whether you call it the present, past or future. Rather than applying your brain in naming the moments, we would advise you to spend time in contemplating the goodness life has offered you in the NOW and keep doing that as it raises your consciousness and brings you more awareness of the moment you are seeing that is NOW. The eternal time is flowing continuously like a stream of a river. Just like no two drops are alike, similarly no two moments of time are alike. There is so much happening every moment.

Become aware right now, you are reading this book, you are applying your mind and intellect in it, your mind is processing the knowledge. At some points you are agreeing and at some points you are still applying your logic, it's perfectly okay. We understand the human psychology, just relax.

Your heart is beating, your body is breathing and supplying blood to the brain and organs in the body, the neurons are being fired in your brain, chemical reactions are taking place in your body. There is so much activity happening in the all around you right now- birds are chirping, new stars are being born and some are dying, the water is flowing and the

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environment is surrounded by waves and vibrations of peace and stillness. Life is happening all around you, creation and destruction all happening in the NOW. See for yourself.

There are no ordinary moments my dear one, none of it whatsoever. All you need to do is become aware of everything that is happening in your mind and body in the NOW and rest will be taken care of, we assure you. Whenever you sit for contemplation or meditation to go within, just sit with the intent to go to your sacred space and then whatever happens to your mind that is none of your business.

We are not asking you to control your thoughts. At the same time don't be totally out of control of your mind/body and give up. All we are asking you is to become AWARE of whatever is happening. Whether you are able to meditate or not, it is okay, don't judge your spiritual growth with other souls. Every soul is travelling on a different journey according to its soul's plan and karmas. So be totally open and have no prejudice. It's completely foolish to be prejudiced if you seriously want to work on your spiritual growth in life.

We are not here to pamper you or to give you misleading information. If you think we are blunt, yes we are. We don't want you to get stuck, be confused or restless and that is why we are asking you to unlearn whatever you have learnt till now for some time and experiment with this knowledge that you are reading.

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Whatever you have learnt just keep it aside for a while and then simply follow the steps we are guiding you through. Also, we are not saying that by any means consider this book as your Guru, all we believe is that this book will be used in times to come as a reference book. Whenever you are confused or feel stagnant, you can go through this as we want to share with you the wisdom that comes while living in the LIGHT and my son which truly lasts forever.

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March 17, 2012 **0130 Hours**

Being in LIGHT and Experiencing Enlightenment

Every soul chose a path to travel before reincarnation or taking birth on Earth. The book is an attempt to unite all the souls that had taken the pledge to serve humanity in times of need, to serve Gaia - your mother Earth at a time when she will require the greatest love and support from her children/ souls from this dimension and beyond. The time has come dear one, so rise above the petty issues of life, money, power, fame, sex, food and clothing.

Everything will be taken care of. You are not here to get stuck and live forever. You have been sent on a mission, you have a goal to fulfill. It's not that enjoying these pleasures of life is bad. Being in a human body, you are meant to experience them but do not get so attached to them that in their absence you begin to curse yourself and everyone around. Enjoy them but be detached as these all are temporary things.

It's very much like travelling from city A to city B. While travelling, your train might stop at various stations known for their delicacies. You get off the train and enjoy some food but in this process, make sure not to miss the train as this is just one of the many stations that you have to cross to reach your destination.

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Your destination is to find your purpose on Earth, learn your lessons and come back home (merge with the Divine God Almighty). So don't get stuck and keep moving while enjoying the different tastes of life.

Each one of you who are reading this knowledge is like a spiritual warrior who at the soul level had taken the pledge to shine in the divinity of the God Almighty in times of need, to fulfill the glory that LIGHT has to offer to the world at large. God Almighty will not judge you even if you have forgotten that you had made your plan before your birth. He will still be okay and love you unconditionally. But as his child we think it's our duty to fulfill his dreams of a beautiful world.

The Earth is going through a tough time. Whenever a Light worker sends out a blessing, there is a rise in the overall consciousness that is all around Earth. The consciousness acts like a field of energy, holding the Earth as a protective beacon to store Light sent by the Light workers.

It is observed that the blessings and prayers sent by healers, channels, saints and sages across the universe living in the physical body or the astral is now bringing down greater amounts of LIGHT from higher dimensions to ensure that souls on Earth are able to adjust to the new frequencies easily. The rise in the consciousness is all happening NOW.

As explained earlier LIGHT means Living in God's Heart at All Times. Literally it means being anchored into your heart's centre and observing all events that happen to you/with you/

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around you in a fashion that as if God is seeing through you and act in manner as if it's God's action plan.

This sounds simple, but trust us it's easier said than done but it's not impossible. By being spiritual, it doesn't mean that nothing should affect you-now since you are spiritual. Life and its lessons would remain the same but spirituality is a tool to maintain the balance between your inner and outer world- your feelings, your actions and your doings as well as your emotional and practical aspects of life.

We would go on to say that by being spiritual you become all the more practical because you now get a basic understanding of how life works, how you cannot change things outside of you. All you can change or observe to change is your perception of viewing things or the way you respond to the situation.

So the first volume is all about understanding the principles of life and raising your awareness, vibrations and consciousness up to a level from where you start viewing things in the **LIGHT** rather than searching here and there for answers and solutions. Go in there and seek your answers from the one who resides in each one of us-God Almighty, who is omnipotent and omnipresent. We want you to actually experience these mighty but simple words, so be **EN-LIGHT-ENED** and Observe.

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March 17, 2012 2130 Hours

SEVEN DIMENSIONS AND THE LAWS OF LIGHT

So now you have got the basic understanding of the words LIGHT and Enlightenment. When we say ***LIVE IN THE LIGHT- It means living life as if God is acting through you every moment: seeing God in everyone, feeling God in everything, loving yourself and everyone as if you are God Almighty and that is how you start your journey towards Enlightenment.***

There are seven planes of existence or the seven dimensions governed by each of us Rishis. Each Rishi has a domain to govern and rule, to adhere to. Now we are going to give you Seven Laws of Light which are invariably very easy to read or listen, but become hard when you have to apply them in your practical/physical life.

The Laws don't mean that if you don't follow or believe in them then they will harm you. The Laws simply mean that it's a way to the higher domains of energy work and so whether you believe in them or not, they still exist and continue to affect your mind, life and your soul's journey now and in times to come (remember time is simultaneous). So NOW is the only time you have. If it affects NOW, it will affect you always.

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The Laws, if you adhere to them or at least try to apply them in your physical life, will help you rise in your awareness from the petty issues of life and rise above to the mystical Shambhalla Land which actually resides right here in the center of your chest- your heart. The rise in your consciousness will help you realize who you truly are, from where you have come, your origin and your purpose here on Earth.

Everyone who is reading this knowledge series of Shambhalla right now, all of you have one thing in common that connects you all:

You all want to know, or rather we should say, have a burning desire to know who you are.

What is your source of origin?

What are you doing here on this Earth right now?

What is your soul's purpose or life's purpose?

We have something to say. By no means are we dictating an agenda or a religious doctrine telling you that you are a soul and are here for a higher purpose. What we want you to do is to read and apply the principles of LIGHT that are governing the seven planes or rather the seven dimensional hierarchy of the universe and find about the following yourself:

Who are you?

Why are you here?

What is your purpose in life?

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We are here to guide you and not to dictate some kind of prophecy. Our teachings are optional you can choose to laugh on them and ignore them as a fictitious story or believe in us once and experiment with our Truth- the truth that is sustaining the working of this whole creation.

The universe is not here by chance, you are not born in the family that you are born into by chance, you don't have family and friends who sometimes play havoc in your life by chance. You don't go through the suffering of this physical life alone. There are millions of souls here on Earth and at this moment wondering about the same question and thinking about: Why me? Why is it happening only to me?

Dear one, please understand that behind these **"so called by chances"** there is a greater picture. A bigger and a divine plan which is working in perfect harmony and synchronicity with every other thing in the entire multiverse (collection of universes). It's beyond what your little minds (ego mind) can comprehend right now, that is why we are asking you to raise your awareness, tune into the higher cosmic mind and try to be the LIGHT and understand the urgency of the situation. Time is short.

It's now or never. Either you do it now or you have to come back again on Earth to resolve your karmic patterns or in some cases the souls will have to perish their physical bodies and go to other lower dimensional Earths which will match their frequency. Earth is now rising, so only purity will prevail. Everything is not exactly how it seems to be. You might be thinking that if it is true that only souls who are vibrating at a

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lower level of consciousness will have to perish their physical body and will be shifted to other lower Earths then:

Why are the good people on Earth also dying?

You might also think in your minds, "We know so many good souls who had not wronged anyone or wished ill for others but recently, they have been dying for no rhyme or reason suddenly. Isn't God being unfair?"

Dear one, you need to understand that the soul had decided beforehand only to leave the physical body and become an astral body so that they could help in the ascension process in a much better manner.

All these good souls will reincarnate when Earth goes into the new 5th dimension and they will acquire better physical bodies because they are pure souls and they receive some benefits such as a better body and a higher level of consciousness.

It is only possible if they either ascend into the higher dimension at the soul level which seldom is the case, or somehow they plan to leave their physical bodies in this transition time, rest and prepare their astral bodies to become adaptive to the new frequency of Earth and ultimately reincarnate in a pure vibration field of energy / consciousness, then learn the lessons and evolve.

So now do you understand that these good souls who have taken this decision are actually good old wise souls. They

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understand the grand plan of the universe and have the grace of their master to help them make this shift.

Everything is perfect, just as the way it should be.

It's just a matter of time that your awareness would shift and you would realize this truth, all is not what it seems. All is perfect in this perfectly ordered universe.

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March 17, 2012 2200 Hours

FIRST LAW OF LIGHT

Accept who you are in the present and rejoice in this knowing.

If you keep avoiding your own true self exactly the way you are- how can you ever be happy? Let me tell you dear one, it is okay God has made you in this image and has given you a mighty power which you still don't know about but it is also true that God Almighty has made you perfect in every sense. Don't crib about the way you look or talk about the diseases that you have. The way people behave with you is okay, just understand this simple fact that you have no right whatsoever to judge God.

Once upon a time, when We (Maharishis) were there in the physical body, Lord Vishnu killed my (here **my** refers to Maharishi Bhrigu, since he is channeling the book) wife Usana, just because he had two options to choose- either let the demons (negative forces) rule the planet or to kill my wife who was protecting the demons because they called her their mother. So no mother will let anyone touch her child and he knew that without killing her he will not be able to destroy the demons so, Lord Vishnu chose to kill her because she was refusing to move.

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In times when you have to make a difficult choice, always choose the one which benefits people. It might cause a short term of misery and sadness but it will benefit all in the long term.

Lord Vishnu, after killing her, was repenting. Seeing him kill my wife, in a rage, I cursed him that even he will have to live a part of his life alone, without his wife. That is how Lord Vishnu took the avatar of Lord Ram on Earth and respected my curse.

So you see, being in a human body, you are expected to make mistakes but the best part of being in a human body is that you have a choice:

- A choice of either moving on with the way you are living.
- Falling down
- Or Rising and Awakening

We are asking you to embrace the gift that the Lord Almighty has given you- that is your human birth. Realize the fact that you are here right now, ready to awaken and raise your consciousness and awareness and that is why you are reading this book. Otherwise tell us one good reason why only you have been guided to read this book when none of your colleagues in office, parents or friends are reading it. It's simply because of who you are.

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You have taken the first step in knowing yourself and that is why you are here on this planet at this moment experiencing the shift, which is the first time that it's ever happening and mankind has been given a chance to experience the transition. It has happened several times but each time all life on Earth (majorly mankind) was swept away because they were not meant to experience it.

2012 to 2018 is a special time. It is also called as the Golden Age, the time when mankind will experience a shift in their awareness and consciousness. This shift will not only bring about spiritual changes in your awareness but will also trigger mental, emotional, astral and physical body changes. The blue ray particles of the photon belt have the potential of affecting the speed of the atoms and the most elementary energy particles in your body.

Raising the speed of these atoms results in a rise of consciousness and a change in your physical, mental, emotional, astral and spiritual bodies altogether.

Therefore, if more and more people meditate and channel the Light using the technique we are channeling, the more power they will get to hold this Light.

The more is the Light, the greater the speed of atoms in the bodies.

Greater the speed of atoms or the energy particles, the faster you rise in your consciousness at all levels.

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So you see, simply by accepting your true self and not judging anyone or anything helps you evolve. Simply ACCEPT that this is the First law of being the LIGHT.

You have to move from the initial stage of learning to apply the Laws of LIGHT to anchoring the Light, activating the Lightbody and work with the Rishis and Avatars inter-dimensionally to ultimately be the LIGHT. When you reach that state, that is when you are EN-LIGHT-END. Just keep applying, experimenting, evolving and rising- Welcome to the LIGHT.

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March 19, 2012 **2001 Hours**

SECOND LAW OF LIGHT

Simply be happy and grateful, for whatever you have and also for what you don't have

Dear one, we shall now guide you through the second Law of LIGHT which will help you understand the basis of living in LIGHT.

We have all heard it so many times that to be happy, content and grateful to the God Almighty is important. But today we Rishis would like to explain this to you in a very scientific and spiritual manner or perhaps we should say, spirituo-scientific basis of being grateful and happy.

You see, all of you are made up of trillions of God particles (atoms) which have their own consciousness and they respond to your intention. Scientifically you can influence the most elementary particles of atoms that are electrons, neutrons and protons, strings etc. by your emotions and intentions. It is these intelligent particles that make the basis of the universe. These God particles are what create this universe and also which hold the universe, so it's like a divine vessel and the divine light.

You people or human souls call it by different names, but ultimately we all meet at the same point. The point being

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that, these particles form your body and the basis of light on Earth, they vibrate at different dimensions collectively, making up your different bodies and connecting them to different dimensions. Everything is made up of the same energy particles which appear different only because of the rate of their vibrations, which is spiritually understood as the level of consciousness.

Your body on Earth is what we call your lower self or the ego mind, and there is a replica of it, exactly in the same form but of a lighter vibration signature and a pure form known as your higher self or the astral body.

Your emotions are the fuel to your higher self. Each and every time you are happy and centered in your heart and try to live in the LIGHT, you actually fuel your astral body, much like gas is filled in a balloon. More the helium flows in the balloon, higher the balloon goes.

So whenever you have a dense emotion or you focus on a negative emotion, it's like you are consciously poking a tiny puncture on your astral body from where the fuel leaks out. But every time you feel good, you are fueling it up.

So now here is a point why most individuals are not able to ascend higher even though they have been shown the path to live in the LIGHT. It's simply because you keep swinging between the UP and DOWN, poking a puncture and fueling it again. You have to understand that there needs to be a way to stop these punctures affecting your higher self. And that is exactly where the meditation that we will be channeling will

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help you. It will make sure that your negative emotions do not cause much harm to your higher self. The more you meditate and practice the laws of LIGHT, the better and happier you will become.

Become grateful now so that you fuel up your higher self. Your higher self then starts rising, awakening and ascending and ultimately when you start anchoring more of this LIGHT in your higher self, this LIGHT starts shining in your lower self and this is the stage when the change in your physical reality starts to happen.

Dear one, you see, even though it is powerful, sometimes it takes considerable amount of time for the mantra or technique you learn by yourself to give you benefits. But when something is given by a great Sage or a Guru, that is when the technique is blended with the grace of God Almighty and it is bound to give you 1000 times more success.

Be open to receiving and you shall receive nothing but the best we have, that is our commitment to you. And also be thankful to God Almighty for the things you don't have to suffer. You are lucky not just because you are born in a good home and family with great friends who love and support you, but also feel blessed that you can see, read and write. You are active, that too in a human body and you are reading this piece of knowledge which is being channeled during the time of the shift to help humanity - to raise your vibration and consciousness and anchor the LIGHT into your heart, mind, body and soul.

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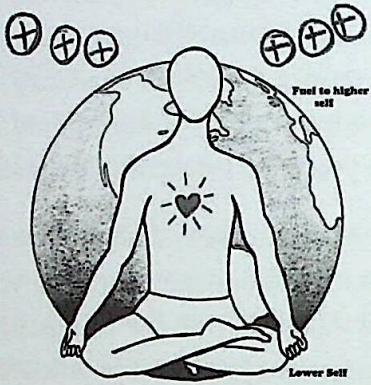
You must be grateful to the God Almighty for all this and many more things to come. So be happy in accepting your situation in the present exactly as it is and just be happy about it as it is all you have to do to start the initiation process. When you trust that everything right now is absolutely perfect, as per the grander vision of the God Almighty, everything will eventually be perfect in times to come. Just this simple acceptance and trust lets the higher forces of the universe, the angels and higher being of LIGHT, the great Avatars to allow their sharing of LIGHT and knowledge shine upon you. So meditate more and more and be happy that everything is perfect in my world, within and outside.



Positive thoughts are the fuel to tune into your higher self

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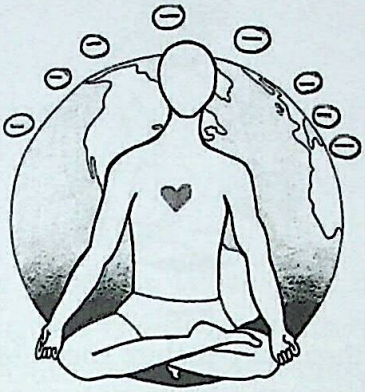
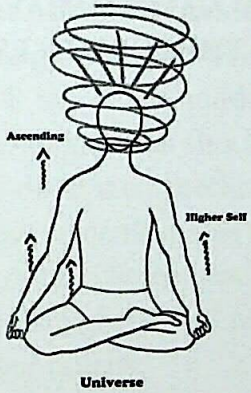


Negative thoughts brings you back into the Ego mind
(Lower self)



Positive thoughts help you raise your awareness and
tune into the higher self

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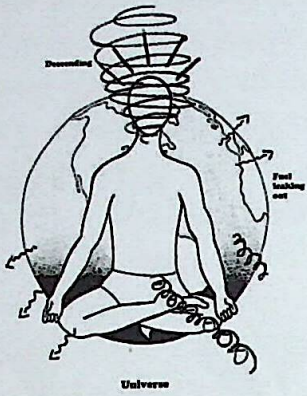

Negative thoughts puncture your energy field
(fuel leaking out) and lowers your vibration

So raise your frequency of consciousness and rise with Earth in a simple way by meditating daily through which, you heal yourself and the Earth at large simply by anchoring the LIGHT within.

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March 20, 2012 1929 Hours

THIRD LAW OF LIGHT

LOVE

With the Guru's grace, you are amongst the blessed souls who are receiving this knowledge at this time. It was only available to the higher souls in earlier times and that too by following strict discipline in one's life. But you blessed souls are getting access to these highly secret laws, just because all the higher souls and Avatars in the higher dimension want maximum souls to inherit or to be part of the Earth when she enters the new dimension.

You see, even after hurting Earth so much and destroying her natural reservoir of energy, she is still being kind and patient with you all. After all, she is the mother. We Maharishis too are astonished and sometimes shocked to see the kind of atrocities you souls do to your mother Earth. You all see her as a mere planet but remember this dear one that she is a living embodiment of the Divine mother. She is perfectly representing the God Almighty in all her grace and in the way she is handling your cruelty.

The God Almighty is also very proud of her, knowing that she is going through all this so graciously without complaining. But now we all cannot see her condition like this. Therefore

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we are calling her up in a higher dimension just to soothe her, so that she hurts less. She is pure and so are you, and we know it, that is why we want you to know your true self and are helping you by giving you all this very sacred knowledge.

Now today, we will share with you the Third Law of LIGHT and that is **LOVE**. The term LOVE is most misunderstood in today's time on the Earthly plane. Some souls make use of this term so artificially to satisfy their desires and some souls use it very casually without realizing the potential of this term.

LOVE forms the basis of the universe and connects each God particle to the other. It's the only force which permeates into each atom and is a direct link to God Almighty. Even if you do not want to follow anything else but are simply attuned to this simple vibration of LOVE, that means you are very near to achieve EN- LIGHT-ENMENT. That is it.

Just be attuned to LOVE energy which resides in your mind, body and soul, which resides in every nook and corner of this space you are sitting in, which connects everything in the universe as one whole macrocosm. The basis of everything in this existence is LOVE. Nothing else but LOVE is important. People might feel that it is too clichéd and almost all religions and traditions talk about it, so what is the difference?

Well, dear one, We are just pointing that you all are very well read and have experienced this simple term LOVE in your life too many times and have used it so many times casually while talking to someone . We are here to figure out

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how many times in your life have you loved something or someone truly and so deeply that you lost your sense of the ego self? The "I" in you simply faded and all that was left was simply the feeling of "LOVE". No words, no thoughts, no condition, nothing but just a sense of being connected and being one with that something.

Tell us dear one, how many times? We are sure that the actual feeling of this pure and holy word LOVE is much less than the times you have used it casually.

In love, nothing is apart, all merge into ONE and ultimately into nothing. Similarly, God Almighty created the universe out of nothing and one day it will merge back into a state of nothingness. This state of nothingness is extremely potential and powerful, because it is in this state only that there exists the possibility of everything.

Everything appears or comes to life from this nothingness which some souls call void or the zero point energy. This is the source of the universe and the source of the God Almighty itself. It is everything and it is still nothing. When you experience the state of absolute connection with someone so deeply or perhaps with everything in this creation, you experience LOVE. It is in this state that you can create anything you want at all dimensional levels because you are connected to the "SOURCE" or rather the "ORIGIN OF THE SOURCE" in that moment.

The irony of the situation is such that when you are truly experiencing LOVE, you are completely connected, you are

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totally in the experience and you become LIGHT and LIGHT sees no imperfection. You automatically become aligned to the seven laws of LIGHT which sees everything as perfect and is grateful for everything that is happening right NOW and everything that has ever happened in the past. You are in total surrender to God Almighty. Everything that happens now will happen just in perfect order, according to the Divine Will- that is the power of LIGHT. And then you do not wish to create anything else because you become LIGHT and there is no separation with anything in this creation and everything is perfect.

Since some souls keep drifting to and fro from these experiences that is why we are guiding you and giving you these seven laws which will help to understand what LIGHT is, how to apply it, anchor it into your physical life and also move to a point where you eventually become one with it. You become LIGHT, as we call it and know it, is simply an experience and something with which we are living, even in higher realms or dimensions.

L.I.G.H.T – Living in God's Heart at all Times.

But some people (souls) also use this knowledge as part of their own views and make use of it in a negative sense. All we are saying is that dear one, LOVE knows no boundaries. It is the energy, where you feel oneness in totality. When you experience LOVE, you become LIGHT, you download this intelligent quotient of energy called a light or we call it the Light Quanta (particles) in your energy field, which helps you, become more aligned with light. So think LIGHT and

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attract LIGHT and become LIGHT. Be in love, be detached, that is our next principle or law "Be in LOVE and yet be detached – dispassionate". Just remember LOVE and LIGHT. It's not by chance that they are used together these days.

L- Lights

O- Own

V- Vital

E- Energy

LOVE AND LIGHT

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(I BOW TO THE LORD IN EVERY BEING)

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March 21, 2012 **2240 Hours**

Power of Meditation

Dear one, now we have given you the essential steps needed for you all to practice daily and in the form of a particular meditation. This particular meditation is called Anchoring of LIGHT meditation (to be found at the end of the book).

It is a basic meditation, which when done for seven minutes will anchor the Light of all your seven chakras and help you connect to all the seven planes or dimensions of existence. Therefore, we request you all to make this a part of your daily lifestyle. We would appreciate if you can practice it daily once or the best would be if you could do it once before you begin your day and the second round before sleeping.

This little seva (service) will bless you, your family and surroundings and the world at large. It's written in the ancient texts that when a person meditates for Jan Kalyan (service to the world) or to spread the LIGHT of the God Almighty for the benefit of all, the sins and the negative karmic impressions of his present generation, previous seven ancestral lineage and the seven generations which are yet to come are removed by the power of your meditation. This is the power of meditation, it cleanses a total of 15 generations. So even if you do not want to meditate for your own self, do it for your ancestors and the generations to come.

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Importance of Meditation

It is said that when Lord Daksh was passing through the dimension after he left his physical body, he saw many souls trapped in bondages and crying for help. He asked Yama- the Lord of Death- Who were they? And how can they be freed? To which Lord Yama replied that they are the souls who had too many attachments to petty things and issues in life, paid no attention to their spiritual growth and committed numerous bad karmas. So, they are stuck now and have become Earth bound. The only way to free them is, if a pure soul like you can meditate for their liberation and offer the energies created during the meditation for their liberation.

So King Daksh performed the meditation there before going to the higher plane and this is how the lower souls were freed. Dear one, the power of meditation is just a pure heart and an intention to meditate.

Some of you souls might think that meditation is for old people so we will meditate when we become old or cross over sixties. The time is NOW, what assurance do you have that you will exist till your old age? Who knows what might happen the very next moment? And even if you get old, at that stage you won't have the mind to understand and experience the laws of spirituality by applying them in your life, nor the energy to carry on. Even when you are old, you will or shall be as busy as you are today but who knows you might be old and sick and won't be able to even breathe properly, let alone meditate.

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Dear one, thank your higher self for giving you the chance NOW to access the divine knowledge of LIGHT. Even if you are old and are ready to access LIGHT, we will be with you, we will guide you. Just sit down with an intention and let the Rishi Mandala and the various Rishis working here right NOW and in the higher dimensions help you. They will take care of it all, when you sit for meditation, seek that help and be assured, help will come. Then whatever happens, whether you are able to meditate or not is none of your business. All that is needed is your intention to BE the LIGHT directly from your heart and the Rishi will take care of it.

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March 26, 2012 1616 Hours

FOURTH LAW OF LIGHT

Tolerance with grace

In your life, sometimes you might encounter a negative situation or an event or a problem in your life that you are not really able to tolerate. The pressure induced by these external circumstances on your inner state of being is too much and you tend to curse God Almighty or your family, friends, circumstances, planets and everyone around you for your own issues. You forget the grace of God Almighty which is stored in your own heart- the 'Shambhalla' within yourself.

The Grace of God Almighty is the most precious celestial gift anyone can possess. It's only achieved after a great deal of spiritual hard work. Do you know that the God Almighty loves all his children unconditionally so much so that he has stored a unique form of energy in each one of you?

This acts like a radiant shield in times of need and protects you from harmful adversities in life. Though you are the sole earner of your circumstances, you create everything with respect to your karmas and intention, God Almighty still loves you unconditionally and protects you. The energy we are talking about is **GRACE**.

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This Grace gives you the energy to tolerate negative situations with ease and develop a deeper understanding of the spiritual reasons of why they are happening. So much so that all your problems or adversities are instantly released from your life due to this amazing energy bubble around you, inside you, which is the LIGHT'S GRACE.

Each and every time you encounter something negative, which is going against you, just remember God Almighty and know for sure that he has never left you alone, he is right here in the center of your being. Inside you- in every atom which makes the body, the soul and the universe too, it is just God's energy manifesting in different forms at different times.

It is a simple fact, that when understood and accepted in totality, with all your emotions and true faith within, you have the power to turn your life around and change it for the better.

This increases your tolerance levels while living in the physical forms when you practice the laws of LIGHT. You realize the power of LIGHT and ultimately a day would come when you would no longer experience LIGHT since you would yourself have merged with the LIGHT, you would become the LIGHT!

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March 26, 2012 1639 Hours

FIFTH LAW OF LIGHT

Embrace change

We will now tell you a very interesting story which most of you have heard, as it has been narrated by many mystics across different ages. This story goes back to the time of a very powerful king living in a distant land who was once very happy to know that he was the most powerful king in the whole region around his kingdom. So he asked his court of ministers to give him a talisman or to prepare something exclusively for him which can turn the situations around and also hold the secret working of the universe.

All the ministers were baffled by this demand of their king. So the king commanded that this talisman should be able to show its effects instantly and gave them a timeframe of one full moon cycle to prepare it.

The ministers tried everything but could not find such a thing. One of his ministers went to seek the help of a wise old yogi who used to stay near the king's court. The wise one heard the conversation and the request of the minister. He then took out a small sheet of parchment paper and wrote four words on it and asked the minister to present it to the king at the described time. When the time came and the

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ministers were asked to present the talisman, all failed to please the king, but when this particular minister's (who had consulted the wise old yogi) turn came and he presented the small paper to the king, the power of those four words was so amazingly potent that the king was shocked. It was because the paper contained a secret of the universe which actually in reality forms the working of the universe. It's how everything operates in the universe and it showed instant results to the king.

His situation was instantly changed upside down. The four words which the Yogi mentioned were: **"THIS TOO SHALL PASS"**. These four words indicate **CHANGE** which is the true secret of the working of the universe or perhaps, it is the secret of the various operation and functions of the universe.

Everything you see all around you is changing. The very breath that you are taking is also not the same. To accept this simple law is to access the fifth law of LIGHT- which is **"Embrace Change"**.

Whenever you face a harsh time, be sure that you are experiencing a part of the reality- it's only a part of something, it's not the whole thing. Everything has two sides attached to it in the Earthly dimension. The dual nature of things is what ties you down and makes you attached to things.

When you go through a hard time and experience sadness- Accept it and know that it changes like everything else in the universe. The universe is changing. And similarly whenever

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you feel happy, joyous, contented, blessed- Embrace it. All this is also momentary- it will change because it is linked with material possession and not with the true eternal state of BLISS.

When you achieve oneness with LIGHT, this ignorance of the duality created by the mind is removed and all you can see, feel and experience is LIGHT-that is lasting happiness. That is when you feel blessed by LIGHT and that is how you become LIGHT. In that state of awareness, both your experiences- positive or negative have no effect on you because you are not attached to them anymore. As you are now focused on Light, which is what you are.

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March 28, 2012 **1511 Hours**

SIXTH LAW OF LIGHT

Dispassion (vairagya)

Welcome dear one, we have almost reached the end of the first volume of LIGHT. Today we will guide you through the last two laws of LIGHT. These two Laws will help you anchor the knowledge you have received so far. They are like the roots of trees- till the time your roots are in place and are anchored in Earth, you can channel and connect with the most powerful universal energies with ease. Your roots are the only energies which keep your ego and self identity in place. But if they are displaced, you can easily be uprooted by even the minutest of problems.

"Rag" is the attachment which connects us to every object and "Vi" is without, so Vairagya means "without attachment".

Now, Vairagya is most commonly understood as the removal of the desire to hold onto things. Being a dispassionate person does not mean that you're not meant to have any intention or desire. The very fact that you are in a human body means you're meant to experience these very emotions. The term dispassion means being in the moment, enjoying every act of life whether it is good or bad.

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When the times are good, be content and when times are bad, be grateful. This simple advice will take care of everything else when you are dispassionate- you are not clinging to things, people, emotions and experiences, you enjoy them totally but at the same time your happiness does not depends on them. You are totally in LIGHT and LOVE but still detached.

There is no such thing as non – attachment, the term is either there is attachment or there is detachment. This very notion is taken wrongly by most humans and some wise ones too. You have to understand that you are expected to choose your life, and make efforts to improve your standard of living and it does not mean at all that you are being self-centered or selfish. Everything you do in this life is in a way self-centered.

You do seva because you feel good after doing a nice deed for someone or something. And even a simple act of doing something intentionally, whether it is good or bad, is based on your own emotions. When you are dispassionate, you are not even attached to the very feeling which creates the spur of energy making you feel attached to someone or something.

A true vairagi (a dispassionate person) is a true yogi because he is already living in the LIGHT. Therefore he sees everything as God created and as perfect in all respects. He accepts that all things are in perfect Divine Order, loves every God particle in this universe and beyond and lives in Grace every moment.

The next Law of Light liberates your soul from the very act of being or doing something to prove your existence. It's a

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secret which all ancient yogis have been practicing since ages and have attained such spiritual height.

This Law of Light is the last bead of the string which the Divinity, our God Almighty wears as a necklace around his neck. In case if you wish to visualize our dear God Almighty in a fixed human form, let us tell you that our dearest God Almighty is so big and vast that even the various universes combined cannot conceive his scale. God Almighty is such a brilliant Light that even billions of suns combined together cannot be of any competition to his brilliance and divine radiance.

The Light we are talking about is a part of energy, which is connected straight to the heart of God Almighty. It's in the light of God where Love, the universal nectar that sustains life on Earth and beyond flows .When you know what we are talking about and experience what we want you to experience, then you will know what we are feeling right now as we are channeling the information of LIGHT via Nishant.

This is a very special time of the shift when you are experiencing such a divine downpour of energy here on Earth. This is happening even though you are in the phase of Kalyug, which is usually believed to be a phase in which there is a negligible amount of download of the divine Light.

Since time is short, that's why the Intergalactic Federation of Light (which is like a government of the celestial realms responsible for maintaining balance in the universe) has

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chosen to download LIGHT and other higher sources of knowledge via spiritually refined channels and meditations.

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March 28, 2012 1600 Hours

SEVENTH LAW OF LIGHT

JUST OBSERVE

Dear one, please understand that you are a very powerful being and can achieve heights of anything you set your mind to. You must have heard about the phrase that you can even move mountains, if your faith in yourself is strong enough. But you have to realize that this phrase was given by the wise ones as an analogy to understand your mind. Mountains actually represent the self created problems or sometimes also the problems which are imaginary and exist only due to some fear in your mind.

So, when the wise ones say 'you can move mountains if your intention is strong enough', they are just pointing to the fact that it is YOU who decides what stops you from achieving your goal. If you set your heart and mind on achieving the so- called 'impossible tasks', you certainly can do it.

Fear itself stands for *"False Evidence appearing real"*

But now tell us dear one, do you really wish to know the secret of creating or bringing perfection to your life, in a very easy manner? This is so effortless and powerful but somehow you will find it a little difficult to practice and adhere to it.

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Your little ego mind will underestimate the potential of this law and resist more by contradicting the knowledge of LIGHT, by trying to give you a logical explanation of how this is not good enough and will not work. The seventh law of Light is simply to **OBSERVE**. If you notice all the previous six Laws of Light, you will see that they were just like little steps, which were meant to take you higher and help you achieve a state of understanding where it becomes easy for your tiny little but powerful soul to understand the ways in which creation or God Almighty exists, operates and helps other lower entities evolve.

Yes we all are entities (spiritual entities which are constantly evolving).

The very act of Observing comes only after you know and understand emotionally, spiritually, mentally and intellectually, that there is a higher power, much greater than you.

- The one which has created this universe, life here and beyond
- The one, which is responsible for creating and sustaining the working of the entire creation in perfect synchronization and harmony

This power is perfect in its divine order and timing and knows exactly what is right for you, works for your highest good and also the things or the choices that are not beneficial for you.

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The Law of Free Will says that nothing will be imposed upon you- you make your choices and get results in sync to the choices you made. But have you ever wondered about the force behind the creation of all these choices?

The forces which present to you the right choices at the right time and also help you create the life you want according to your karmic cycles. They help you to balance out your karmas and help you with instincts to follow guidance, if somehow you do take the wrong path.

The force which permeates within all living and non living things is so potent that it can destroy the entire universe in a fraction of a second just the way it was created.

The force which allows you to experience an emotional bonding is LOVE. The very feeling when you get in touch with someone or something so deeply that you forget your own identity is called LOVE. When the boundaries of the self fade and all that you are left with is the feeling of being connected to everything here and beyond, that LOVE is the very essence of the source of this creation, the very energy that creates our God Almighty. We will guide you step by step in times to come.

Simply by adhering to all other laws and observing the choices that are presented to you, you can evolve spiritually. Its only when you observe that you create. You create newer paths of your journey of life based on the choices you make. Observe everything at a deeper level from your heart and soul, the eternal place of Shambhalla within and then make

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responsible choices that ultimately take you on a higher path.

We will appreciate if you read through all the laws of LIGHT, over and over again and try to stick to them in total acceptance. We are not forcing you to become a part of Shambhalla Light Group, but it would be nice to have you.

Every soul has already chosen a guru or a guide, before taking birth on this planet. So, if you are not drawn towards this piece of knowledge, it is simply because your guru is somewhere else, waiting for the right time. As the saying goes "The master appears when the time is right". So sit back and enjoy life, though constantly yearning for a guru (if you do not have one) will certainly help.

The guru is your direct link to the Light of God Almighty. The key to effortless living is living in the Light of the guru (which is a channel of God's Light). Grace flows and keeps all other attachments at bay. Attachments are like heavy chains which weigh down the ascension of your soul. You cannot evolve much if you are attached to the material/physical comforts of life. It's good to have them for they make your life easier and they are your earned rewards- from the past good karmas you must have done. But do not be attached to them.

Remember: Be in a constant state of dispassion, because everything is changing. Today if you have all the comforts of life, feel good, enjoy them, and be grateful. But keep up your spiritual practice, because this is the only thing that will be transferred to your consciousness, after you leave the

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physical body- this has been said since ages by many saints and mystics. We advise you that NOW you sincerely start following it seriously and don't just listen to it, but start using it to your advantage because:

Knowledge, only when applied, becomes POWER.

We sometimes feel pity for those individuals who are obsessed with their physical comforts. They think that they are religious or spiritual enough by performing rituals or doing charity in front of everyone. To us, they are the souls on the lowest levels of existence. They are merely spoiling a human life given to them which was earned by crossing different cycles of life and death. It's high time now, that you realize what you are doing. You are gaining nothing, but reducing your chances of spiritual evolution and might face heavy penalties, if the karmic load of your negative karma becomes heavy.

You are blessed to receive this knowledge at this time of the shift, because for the first time it has happened in the entire cosmic cycle of changes that even if you merely initiate your spiritual life, the Rishis, Avatars and other Devic Kingdoms are eager to help you learn and evolve by giving you access to the divine knowledge which can only be accessed by performing heavy and hard penance. You are extremely lucky my dear soul, you are blessed. You know this fact in your heart. Therefore, NOW is the time to experience the wonders of LIGHT and EVOLVE.

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The Rishi Mandala along with the great Avatars of the different galaxies are ready to hold your hand and guide you to evolution. Whatever you do, even a tiny step done with pure intentions, is bound to give astounding results. This is our promise.

Come, hold our hand, and we will welcome you to the Light of God. Again, it's a choice you make- we can only guide you and walk beside you. For you have to complete your journey on your own.

We are concluding the volume I of the Shambhalla LIGHT Sojourn, and we would appreciate if you all read the Laws of LIGHT and experiment with them to see if they help you. We are not forcing you to adhere to them. This piece of knowledge is meant for a selected group of souls only. Those who have selected us at the soul level will feel a pull towards our teaching of LIGHT and will become a part of the Shambhalla LIGHT Foundation.

Sojourn actually means a temporary stay at a place while travelling and Shambhalla sojourn is all about travelling from the lower levels of consciousness towards the higher planes of consciousness whilst you enjoy your temporary stay on this planet Earth.

Your ultimate destination is coming back home and merge with the divine God Almighty.

We are not forming a cult or any religious organization here on Earth. This is just our attempt to anchor sufficient LIGHT

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on Earth, to ease her pain and discomfort, to heal her. We are just channels of God Almighty and we will be channeling more information through our spiritual channel Nishant, whom we have chosen because of the soul contract he had made before incarnating on Earth.

It does not mean that he is not allowed to live a normal human life. He too will go through his share of ups and down but we have simply chosen him because of the level of his soul consciousness and because his latent talents, which he has learnt and mastered from his past live karmas.

Every person has talents- some of you are gifted with a keen sense of music, art, dance, healing ability, creative expressions etc. It does not matter, all that matters is that you discover your talents and learn to work with them and enjoy life. It's just that he has discovered his talents early in life and we are simply using the talents he already has, to spread our work through spiritually channeled books.

To some souls, this piece of knowledge and LIGHT will make perfect sense and they will resonate it and accept it. Whereas to some, it might not, which is okay, we are not judging you. However, we would appreciate it if you somehow do not resonate with this knowledge, please pass this LIGHT book to a person who you think it might make sense to. You never know how one single action of yours might help another soul evolve and help in cleaning out the karmic baggage. Remember, the Rishis are always watching.

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(I BOW TO THE LORD IN EVERY BEING)

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March 29, 2012 **2240 Hours**

Anchoring the LIGHT meditation

Whenever you practice this meditation, you not only influence a major shift in your energy field but also in that of your surroundings. If you meditate on this LIGHT for seven weeks consecutively, it can clear out the negative emotional baggage and the negative cords that drain your energy.

It will help you harmonize your mind, body and soul. This is our promise. The Rishis are happy to help you because you are helping them in spreading the LIGHT and helping their sister Gaia (Earth) who's hurt and troubled.

Let the vision of a peaceful planet and universal oneness expand and the energy merge. So be it, so be it, so be it.

Steps for Meditation

1. Request the divine masters and maharishis to guide you, support you and protect you while you do this meditation. You can repeat the Shambhalla Light Invocation given at the start of the book as a prayer to invoke the divine Light.

2. Do seven rounds of deep breathing to balance the Ida and Pingala nadis which are the main left and right

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nerve channel carrying the cosmic energy in your energy body.

3. Visualize an ocean of shimmering bluish white light above you and imagine your Brahmrandhra (crown chakra, located at the top of your head) open up in form of a 1000 petal white coloured lotus.

4. Start accepting the cosmic light of the masters in form of the bluish white light energy pouring into your Brahmrandhra (crown chakra, located at the top of your head).

5. Let it pour down and fill your entire body, organ by organ. It is as if you are an empty bottle and this light is filling your entire body, just as liquid flows in the bottle. It is filling you up from head to toe. At this point the central nadi in your body called 'Sushumna nadi' is also getting filled with the brilliant healing Light.

6. After this Light has filled your entire body, visualize it coming out from the pores of your skin.

7. Imagine this light which is now emanating from your skin encompassing all that is around you, it is now glowing and covering your whole body in its brilliance.

8. You are now sitting in a ball of healing divine bluish white light and it radiates for about seven feet in all directions from your body.

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9. Now keep your hands on your heart and mentally start sending out ripples of this healing energy in form of concentric circles all around you.

10. Visualize it as if you have become a radio station transmitting waves of pure consciousness. Alternatively you can repeat the universal laws as mantra: LOVE and LIGHT while sending out ripples of healing energy. These laws also then become your intention of sending out the healing energy.

11. Spread the radius of these ripples of LIGHT and let it fill your room, the space around your home, your neighborhood, city, state, country and the whole of Earth and then the whole universe.

    This energy blesses and heals everything that comes in contact with it, illuminating the minds and hearts of everyone. It connects the whole of the universe. Keep spreading it until you feel totally connected to the universe. This is how you anchor the spiritual light of healing energy and pure consciousness.

    - Focus your intention on spreading the love, light, peace and oneness in the universe by sending out these ripples of consciousness in form of this spiritual light.
    - This Vedic Sloka can also be recited **"Loka samastha sukhino bhavanthu"** which means:

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Let all planes of existence be comfortable, at poise and contended. Let there be peace and harmony in the universe. So be it.

12. Towards the end of the meditation you can raise your hands in the blessing position and use the excess spiritual energy created to bless your health, finances, career, relationships etc. You can also focus your intentions to bless specific areas on Earth or specific people in your life going through a rough time. Bless them with courage, love and light.

13. After finishing the last step, mentally thank the masters, maharishis and all the gurus for healing you and making you a divine channel of LIGHT.

14. Rest for a minute or two then take a few deep breaths. Then slowly open your eyes with a big smile on your face.

Kindly Note: Before ending your meditation you can also -

- Chant some spiritual mantra like "Om namah shivay" or "Om shanti shanti".
- Repeat any specific affirmation for world peace or mentally pray.
- The usual duration of this meditation could be a minimum of 10 minutes and can be stretched as per your comfort.

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Glossary

A

Astral plane: It is known as the plane of consciousness where the soul goes after physical death or the astral body travels while a person sleeps. It is the higher plane of existence than the physical plane.

Avatars: The spiritually evolved souls like Lord Jesus, Sai Baba, Guru Nanak Dev ji, Prophet Muhammad etc who took on physical bodies and came down to Earth to spread the teachings of God and oneness.

Ascension: The process of spiritual upliftment and raising your awareness towards your higher divine nature. It can be done by engaging in spiritual activities, helping others, creating good karma etc.

Aura: It is the energy emanating from all animate and inanimate objects as a result of the energy produced due to vibrations of atoms in its structure. In all animate things aura acts like a vessel storing all types of energies physical, mental, emotional, spiritual and astral. Everything in the universe has an aura, even the empty spaces.

Auric energy: It is the energy contained in the aura of everything (physical and non-physical).

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B

Brahmrandhra: Crown chakra located at the top of head representing spiritual connection with the cosmos.

C

Chakra: chakra is a Sanskrit word meaning 'circle'. Chakras are the subtle energy gateways from which the life force energies flows in our subtle body.

Celestial: Something that belongs to the sky or heaven.

Consciousness: It is a term that refers to the relationship between the mind and the world with which it interacts.

D

Dimensions: A level of spiritual consciousness. Different people living in the same level of reality can operate in different dimensions.

Descending: The process of degrading your spiritual energies and awareness by creating bad karma.

E

Etheric: Something that is not physical, that is made up of energy particles of higher vibration.

Ego self: The ego mind which creates the illusion of 'being separate' and guides you in making decisions on the basis of its gain.

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G

Gaia: The spirit or the soul of our Earth.

Great shift: It refers to the period from 1987 to 2012 where the Earth is expected to move from the 3rd dimension to the 5th dimension. It is also called the ascension of the Earth. It is expected that Earth moves into the 5th dimension on 21st December, 2012.

Golden era: Refers to the resting phase of Earth whilst in the 5th dimension. It starts from 2013 and goes up to 2018. The Earth will try to adjust to the new energies of the 5th dimension in this time of 6years.

H

Higher self: A part of your soul which is one with the God self in you and helps you experience 'Oneness'. It prompts you with instincts and gut feelings to keep you on the right track, helping you with the right decisions.

I

Intention: A focused thought.

Ida nadi: The left side channel is called Ida Nadi. This channel caters to the left sympathetic nervous system. This channel looks after our subconscious mind. It is also called the Chandra nadi. This channel controls all the power in desires of human life (Ichcha Shakti).

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Intergalactic federation: A group of highly evolved souls living in higher dimension who have formed a group like we have government on Earth. They undertake different responsibilities for the proper functioning of the universe and are responsible for maintaining balance on different planets.

K

Kriya: A yogic technique to purify the subtle energy channels.

L

Life force: The pranic or the subtle energy.

Light body: It is also called the astral body which is an exact replica of the physical body but made up of finer energetic particles. This body is often psychically perceived as an illuminated body, full of radiant light.

Lower self: See Ego self.

M

Mantra: A sound vibration that is chanted aloud or silently to become aware and focus.

Mandala: The sacred art of Hinduism and Buddhism that is often represented in form of concentric circles where the aspirant needs to focus to receive spiritual energies. Its symbolic nature can help one to access progressively deeper levels of the unconscious, ultimately assisting the meditator

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to experience a mystical sense of oneness with the ultimate unity from which the cosmos in all its manifold forms arises.

Maharishi: A team of Rishis working under the guidance of Lord Brahma, like Saptarishis.

Masters: The spiritual souls like Devis and Devtas, Demi Gods who have not incarnated on Earth but exist only at the astral levels.

N

Narayan: The lord who resides in everything, animate and in-animate.

P

Prana: Sanskrit word for the subtle energy or the life force.

Planes of existence: The levels of experiencing reality. Humans experience a reality on Physical, Mental, Emotional, Spiritual and Astral levels.

Photon: In physics, a photon is an elementary particle, the quantum of light and all other forms of electromagnetic radiation, and the force carrier for the electromagnetic force. Here the term photon refers to, the tiny particles of energy which have a higher energy and God consciousness.

Photon belt: A belt of the highly energetic particles which influence the energy fields of the planets around it, raising

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their spiritual vibratory energies. Currently, Earth is believed to be under its influence.

Pingala nadi: The right side channel is called Pingala Nadi. This channel caters for the right sympathetic nervous system. On the right hand side is the universal mind or super conscious mind-the one that connects all. Right channel is also known as Surya Nadi (Solar Line). This channel controls all the power in activities of human life. (Kriya Shakti).

Q

Quanta: Here it is referred to as the fragments of pure energy.

R

Rishi Mandala: The abode of the Rishis in the higher dimension.

Realm: A level of fine energetic vibrations in the universe. Example: Humans incarnate on Earth realms. After death, soul goes to the spirit realm etc.

Rishi: A "seer" to whom the Vedas were "originally revealed" through states of higher consciousness. A spiritually evolved soul closest to God by means of his spiritual awareness.

S

Saptarishis: The seven great sages who were created by Lord Brahma (Creator of the universe in Hinduism) to help him create the universe. Each Rishi works on a different

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dimension and has different responsibility in managing the various tasks in the universe.

Sushumna nadi: The Sushumna is the central channel for our evolution. It is through this channel that we become collectively conscious and all the disparate factors of our being are integrated in one whole. It makes the connection between our subconscious and the super conscious mind. It is the channel that has power to control left and right Channels. This is the channel by which spiritual evolution happens.

T

Tectonic plate: Pieces of the Earth's crust and uppermost mantle.

Tatva: An element.

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About Shambhalla LIGHT Foundation

In Buddhism culture, Shambhalla is believed to be a perfect place in the celestial dimensions which is filled with pure joy and eternal bliss.

With an aim to create peace and harmony on Earth, Shambhalla LIGHT Foundation has been formed under the guidance of the great gurus who have been guiding us in times of need.

Our main objective of this trust is to: Provide basic amenities of life i.e., food, clothing, shelter, good health and education to the underprivileged.

We aim to serve the world with humanitarian projects and programs to benefit the less fortunate people living amongst us. As a part of our Phase I service projects, we will be starting educating people about the teachings of LIGHT and meditation practices in form of Free LIGHT Workshops to help them deal with stress and also encourage them to become aware of the ancient spiritual practices of selfless service and tithing.

If you want, you can help us either in terms of volunteering for our service projects by donating funds. Any help is welcome, please join hands with us and it would be a pleasure to have you with us.

You can know more about our trust and its current projects by visiting our website **www.shambhallalight.org**

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You can also sign up on our website to receive information about the upcoming books and Free LIGHT workshops.

BLESSING YOUR LIFE WITH
ALL THE LOVE AND LIGHT

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Upcoming Books

The next title is called **"The Triumph of the LIGHT WORKER"** and will be channeled by Maharishi Atari. This book will be the answer to the deepest queries that a person faces while going through his life at the material or spiritual front. Only by pure knowledge can a person rise above the normal way of living and access the spiritual worlds.

Here LIGHT is referred to as the spiritual knowledge and Light worker means a person consciously walking on the spiritual path and actively involved in seeking knowledge.

When all our questions are answered, the mind becomes calm and centered. The stillness which dawns in the mind after that is needed for the consciousness to rise. This book would be an attempt to answer the questions which have been troubling mankind since ages.

When the mind becomes still, the spiritual warrior in all of us rises and awakens and the speed of soul evolution is triggered leading to a state of bliss and ultimately leading us to LIGHT. This is how we win the battle of balancing our spiritual and material aspects of life, which is the true Triumph of a Light worker.

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About the Author

Nishant Sharma has been a natural intuitive channel and a clairvoyant from a very young age. He has been a successful entrepreneur, healer, energy therapist and an aura reader. After graduating as an IT engineer, he started his career as a SAP professional in Hewlett Packard and then later on went to work with Fortis healthcare in the Human Resource Department.

As a regular columnist for Deccan Chronicle, he provides simple solutions to balance different aspects of life, harnessing the powers of crystals and energy.

He belongs to a family of gifted intuitive channels. Right from his childhood, he had an active interest in spirituality and the nature of universal energy and other psychic phenomenon, which kept pulling him back onto the spiritual path and eventually led him to start off his dream company Earthz™ Wellness, which provides metaphysical solutions and products based on science and spirituality to live an enriched life.

He always knew that there was a simple and effective way to maximize your living in the material and spiritual worlds. Little did he know that his focused intent will open a new doorway for him through which the entire world will be benefitted. The first step in this direction is this book, "Rising of the LIGHT".

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When Nishant is not busy writing books and channeling sessions, he conducts workshops and spiritual retreats on subjects like Scientific Aura Reading, Crystals Healing, Intuitive Channeling and Parallel Lives: a way to access your multidimensional selves in the parallel universes etc.

You can read more about him on his blog
www.wisdomfromlight.com

Also Login to join him on his workshops, seminars and to know the latest schedule of the retreats.

Website: www.EarthzWellness.com

Facebook: www.facebook.com/Earthzwellness

Follow him on Twitter: @EarthzNishant

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About the Artists

Illustrations inside the book are done by Leann Dzemske and Arushee Suri

- **Leann Dzemske**

  It has always been my calling to create and share with others. Art, travel, music, volunteering, yoga, meditation, are only a fragment of what is truly offered to us here on Earth, my greatest passions. I'm the green vine breaking though your sidewalk cracks, exploiting the virtues of my soul, testing survival, tripping upon the ruins and risings of life, looking for the next obstacle to conquer. Peel back the layers and reveal the greater picture at hand. There is more than what meets the eye, find a greater image and use your imagination to explore your own soul. Be Well and Blessings Always

  Email: Elleshamballa@gmail.com

- **Arushee Suri**

  An aspiring artist, I am as passionate about travelling and trying new cuisines as much as painting. I have exhibited in a few galleries in New Delhi (INDIA) and in College of art as a student. Colours fascinate me a lot. I draw inspiration from everything that is around me. I strongly believe in 'you are what you think' and that the universe responds to your thoughts. I wish to make it big one day and serve mother Earth in a good way :)

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Book Cover Page Designed by

- **Bhaskar Dutta**

Nature is always upon me in life. I have always thought of the ways how nature plays. All my works of art are towards that path where I felt nature around me and painted accordingly. I am like a flowing water where all the possessions are at stake because nature is playing me and is influencing my work by changing my course . On my personal end, nature has been my mother, father so I have dedicated my whole life in understanding the mystery of this game. Always be happy and prosper in life and respect nature.

Email: bhaskar655@gmail.com

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About the book

Enlightenment means 'Living in the LIGHT'

The book is channeled through Nishant by Maharishi Bhrigu himself from another realm, over a month's period in a series of channeling sessions. It is the first in the series of seven books. In this book we are taken on a journey through LIGHT and taught what LIGHT actually means?

The book shows us simple yet practical Laws of Light and how they can be best used in our everyday lives in order to live in and eventually become one with the Light. It also discusses the reality behind 2012, Concept of Life & Death, Time and its dimensions, Power of meditation on our karma, Gaia- the spirit of Earth etc.

About the Author

Nishant Sharma has been a natural intuitive channel and a clairvoyant from a very young age. He has been a successful entrepreneur, healer, energy therapist and an aura reader. He belongs to a family of gifted intuitive channels. Right from his childhood, he had an active interest in spirituality and the nature of universal energy and other psychic phenomenon, which kept pulling him back onto the spiritual path.

Under the guidance of the Maharishis who are his astral guru's guiding him, he has channeled the book 'Rising of the LIGHT'. He has also formed the **"Shambhalla LIGHT Foundation"** along with his team to spread the teachings of the Maharishis in form of free meditation workshops on understanding the benefits of LIGHT and doing humanitarian service projects for the underprivileged. The main objectives are to provide: food, shelter, clothing, education and health support to the underprivileged.

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